

DINNERLY



Fan Fave: Cajun Pork Schnitzel with Cabbage Slaw



30 minutes



2 Servings

Tender pork steaks pan-fried in breadcrumbs and cajun seasoning, plus a mound of crunchy slaw – it's a match made in dinner heaven!

WHAT WE SEND

- 150g red cabbage
- 1 carrot
- 2 pork loin steaks
- 5g cajun seasoning ¹⁷
- 40g panko breadcrumbs ¹

WHAT YOU NEED

- 1 egg ³
- 1 tbs plain flour ¹
- 1½ tbs olive oil
- 1 tbs red wine vinegar ¹⁷
- 2 tbs mayonnaise ³

TOOLS

- mandoline (optional)
- julienne peeler or box grater
- baking paper
- meat mallet or heavy saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 655kcal, Fat 41.8g, Carbs 25.3g, Proteins 42.5g



1. Prep veggies and pork

Thinly slice the **cabbage** with a sharp knife or mandoline. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Put the **pork** on a board and cover with a piece of baking paper. Using a meat mallet or heavy saucepan, pound each steak until 5mm thick.



2. Crumb pork

Whisk 1 **egg** in a shallow bowl. Put 1 **tbs plain flour** and 1½ **tsp cajun seasoning** (see Make it yours) in a separate shallow bowl, season with **salt and pepper** and stir to combine. Put the **breadcrumbs** in a shallow bowl. Dust the **pork** in the flour mixture, shake off the excess, then dip in the egg and coat in the breadcrumbs.



3. Cook pork

Heat 1 **tbs olive oil** in a medium frypan over medium heat. Cook the **pork** for 3-4 mins each side until golden and just cooked through. Remove from the pan and rest for 4 mins.



4. Make slaw

Meanwhile, put 2 **tsp olive oil** and 1 **tbs red wine vinegar** in a large bowl, season with **salt and pepper** and stir to combine. Add the **cabbage** and **carrot** and toss to combine.



5. Serve up

Combine ½ **tsp cajun seasoning**, 2 **tbs mayonnaise** and 1 **tbs warm water** in a bowl. Divide the **pork** and **slaw** among plates. Drizzle the **cajun mayonnaise** over the pork, season with **salt and pepper** and enjoy!



6. Make it yours

Our cajun seasoning has a chilli kick. If cooking for little ones, leave it out or add less to your taste.

Questions about the recipe? Customer Service: 02 9056 7570 Email: hi@dinnerly.com.au

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